



The

Senior Informer

Volume 17

Issue 3

MARCH 2020

ABINGTON COUNCIL
ON AGING

441 Summer Street, Abington, MA 02351
781-982-2145

Website:
ABINGTONSENIORCENTER.COM
Suzanne Djusberg, Director
sdjusberg@abingtonma.gov
Hours: 9AM to 2PM Mon. thru Thur.,
9AM to Noon Fri.

Council on Aging Board of Directors

Jack Libby, Chairman
Marie Brown, Vice-Chair
Maureen Wall, Secretary
Jack Brown
Karen DiLorenzo
MaryLou Graham
Larry Keough
Janet McDonald
Jan Prall
Lurane Ryerson
Betty Slinger
Ann Welch

—Primary Voting—March 3
at Emerald Hall

—Garden Club meets (see p.3)

—Meet your State Rep. Alyson
Sullivan (see p.3)

—Beginners Line Dancing
(see p.3)

—Griffins Farm (see p.4)

—Lunch & Activities Calendar
(see p.5)

—Outreach by Amy (see p.6)

—Historical Society (see p.6)

ACTIVITIES

Bingo
Blood Pressure Screening
Chair Yoga Class
Cribbage, Exercise Room
Hearing Tests
Knitting & Crocheting Group
Pickleball, Quilting Class
Senior Lunches, Tues. & Thu.
Tai Chi, Zumba

COUNCIL ON AGING STAFF

Suzanne Djusberg - Director
Michelle Robison -
Nutrition Coordinator
Amy Barrett -
Outreach Coordinator
Amanda Vento -
Transportation Coordinator
Richard Thetonia—Custodian
Michelle Thetonia—Van Driver

TELEPHONE BOOTHS/ SWITCHBOARDS/PARTY LINES?? A STEP BACK IN TIME

Bells are ringing and lights flashing as you walk into the **Rockland Switchboard and Telephone History Discovery Center** located in an old converted sandpaper factory near the center of Rockland, MA. The long open space is filled with telephones—everything from a bright pink plastic one from the 1960s



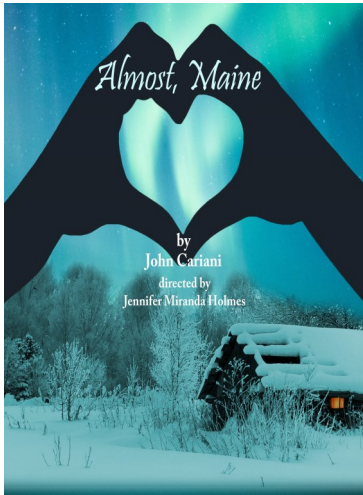
and a wooden crank model from 1904—that are connected to a bank of switchboards which recreate a telephone exchange from the 1940s when human operators manually put through calls. Everything works and the museum founder, Chris Ricciotti, is adamant that visitors touch and play with whatever they want. Ricciotti's history with the telephone industry goes back to the 1970s when he was a teenager and he decided to become a phone operator; his first job was with an answering service. Within three weeks, he was running three switchboards. By the early 1980s, all the old switchboards were getting ripped out. Ricciotti began collecting bits and pieces of equipment and then searched old telephone technology. In 2004 he connected with a friend who also was into this old technology. Chris bought his first switchboard on eBay, and then another and another. He found an old crank switchboard in Nova Scotia for \$565. He also visited the Telephone Museum in Ellsworth, Maine and discovered there was a whole world of phone aficionados. The ever growing collection was moved to the old Sandpaper Factory at 83 East Water Street in Rockland. Part of this history has a Rockland connection: The town had one of the last manually operated phone switchboards in the area, running until 1958 on the second floor of the Phoenix Building on Union Street. This Museum is open by appointment or by calling or texting at 339-204-7644 or email at

ricciotti@aol.com. Mr. Ricciotti is seeking individuals who might like to be a museum volunteer at the occasional open house. He will train these people to be operators or helpful guides to the live hands-on exhibits.



Don't wait for things to get easier, simpler, or better. Life will always be complicated. Learn to be happy right now. Otherwise you'll run out of time.

BOOK RECOMMENDATION



Almost, Maine

by *John Cariani*

Based on a popular play by the same name, John Cariani's *Almost, Maine* is a charming and romantic collection of stories that will have you thinking about love in an entirely new way.

Welcome to *Almost, Maine*, a town that's so far north, it's almost

not in the United States—it's almost in Canada. And it almost doesn't exist, because its residents never got around to getting organized. So it's just . . . *Almost*.

One cold, clear Friday night in the middle of winter, while the northern lights hover in the sky above, *Almost's* residents find themselves falling in and out of love in the strangest ways. Knees are bruised. Hearts are broken. Love is lost and found. And life for the people of *Almost, Maine* will never be the same.

POETRY CORNER

HOME

It takes a heap o' livin' in
a house t' make it home,
A heap o' sun an' shadder,
an' ye sometimes have t'
roam
Afore ye really 'preciate
the things ye lef' behind,
An' hunger fer 'em some-
how, with 'em allus on yer
mind.

It don't make any differunce how rich ye get t' be,
How much yer chairs an' tables cost, how great yer luxury;
It ain't home t' ye, though it be the palace of a king,
Until somehow yer soul is sort o' wrapped round everything.

Home ain't a place that gold can buy or get up in a minute;
Afore it's home there's got t' be a heap o' livin' in it;
Within the walls there's got t' be some babies born, and then
Right there ye've got t' bring 'em up t' women good, an'
men;

And gradjerly, as time goes on, ye find ye wouldn't part
With anything they ever used—they've grown into yer heart:
The old high chairs, the playthings, too, the little shoes they
wore



INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of March for the April 2020 issue). E-mail- foasnewsletterteam@yahoo.com.

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held at Abington Sr. Ctr., on the 1st and 3rd Tuesdays of every month, 10:00 to 12:00 Noon. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age. Please note: **Free Hearing Screenings and Hearing Aid checks are held at 1:00PM on the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.***

SENIOR TRANSPORTATION—CALL 781-982-2145

(24 HOUR ADVANCE NOTICE REQUIRED)

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$3 round trip - suggested donation. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewaters between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to take you shopping. We will pick you up starting at 9:15 or shortly after. We will pick you up at 12:30 getting you home around 1:00PM. Cost for round trip is \$3.00.

SENIOR NUTRITION—CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

Senior Lunches: Tuesdays 11:30—cost \$4.00. Thursday 11:30—**suggested donation is \$3.00.** Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

Ye hoard; an' if ye could ye'd keep the thumbmarks on the door.

Ye've got t' weep t' make it home, ye've got t' sit an' sigh
An' watch beside a loved one's bed, an' know that Death is nigh;
An' in the stillness o' the night t' see Death's angel come,
An' close the eyes o' her that smiled, an' leave her sweet
voice dumb.

Fer these are scenes that grip the heart, an' when yer tears
are dried,

Ye find the home is dearer than it was, an' sanctified;
An' tuggin' at ye always are the pleasant memories
O' her that was an' is no more—ye can't escape from these.

Ye've got t' sing an' dance fer years, ye've got t' romp an' play,
An' learn t' love the things ye have by usin' 'em each day;
Even the roses 'round the porch must blossom year by year
Afore they 'come a part o' ye, suggestin' someone dear
Who used t' love 'em long ago, an' trained 'em jes' t' run
The way they do, so's they would get the early mornin' sun;
Ye've got t' love each brick an' stone from cellar up t' dome:
It takes a heap o' livin' in a house t' make it home.

—Edgar Albert Guest (1881 – 1959)

FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions.

JUNE 2019 started a new membership year good until JUNE 2020. Please make checks payable to:

"Friends of Abington Seniors, Inc."

and mail to P.O. Box 2035, Abington, MA 02351

Many thanks to families selecting "Friends of Abington Seniors" for memorial gifts.

Friends of Abington Seniors Membership for 2019-2020: \$7.00 per person or \$100 for lifetime membership.

Please send donations to this address: P.O. Box 2035, Abington, MA 02351

Name _____

Address _____

In Memory Of _____

Send Acknowledgement to _____

THE BIRTHDAY GIFT THAT KEEPS ON GIVING

Do you have a birthday coming? Can't think of anything you want or need?

Suggest a donation in your name to the Friends of Abington Seniors, Inc.

Memberships:

D. Leo & Susan Donovan

Rob & Alice Gurnon

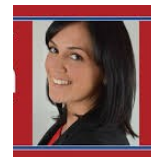
Theresa B. Collins

Memoriam:

Special thanks to everyone who contributed in any way to the Friends of Abington Seniors.

MEET YOUR STATE REPRESENTATIVE! — BRING YOUR QUESTIONS,

On the first Tuesday of each month (March 3) from 10 to 11AM Alyson Sullivan, our state representative, or her legislative aide Curtis Boucher, will be here at the Senior Center to meet and greet as well as listen to any concerns you may have.

**DAY TRIP TO TIVERTON CASINO**

Wednesday, March 18, 2020; Cost: \$30.00. Transportation via Eagle One Luxury Coach; \$20.00 Free Play from Casino; \$10 Food Voucher. Bus leaves Senior Center at 9:30 A.M. Departs Tiverton at 4:00 P.M. Contact Sharon Snow at 781-351-0548. Payment required with reservation. Valid ID required for Casino Bonus. Arrive at Senior Center early for free breakfast at 8:30 A.M.

CHINESE BINGO

Enjoy a few hours of fun at the Senior Center on **Saturday, March 7.** Lunch will begin at 12 Noon followed by Bingo. \$15.00 per person—*you won't go away hungry*—and Includes 2 free cards!

MARCH CHUCKLE

A frugal widow goes to the newspaper to take out an obituary notice for her late husband. "How much?" she asks. "One dollar per word," he says. She says, "Make it 'McGregor died.'" "It's a five-word minimum," he says. She nearly faints but collects herself. "Very well, make it 'McGregor died. Volvo for sale.'"

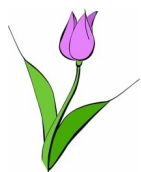
DISCOVER THE HEALING POWER OF TAI CHI: Tai Chi class is available **every Friday at 11:00AM** at the Senior Center. Come join us to benefit your body and mind. (\$5 per class.)

BEGINNERS LINE DANCING: Come join the fun at Abington Senior Center, 441 Summer Street on the **first Thursday of every month, 7 to 8:30 PM**, admission \$8. (*Sponsored by New Beginnings Southeastern, MA*)

ABINGTON GARDEN CLUB will meet on **Monday, March 16, 2020** at the Parish Hall, United Church of Christ, 10 Bedford Street, Abington. The meeting begins at noon with a luncheon, followed by a presentation on *Basic Gardening* by Vicki Hurcombe of Seoane's Garden Center. The public is welcome - (cost \$5 per person). Advance reservation required. Please call Carol Najarian, 781-871-0114 by **March 11, 2020** to reserve your place.

*******REMINDER!!!*******

When you come to the Senior Center, please be sure to sign in at the computer in the lobby. If you don't have your computer card yet, stop in at the office and see Amanda.





GRIFFIN DAIRY FARM – Carolyn Bates

Driving along Plymouth Street I always check on the Griffin Dairy Farm parking area. Most often there are cars parked in the north side area. I am happy that people are enjoying the area, AND there seems to be very little trash blowing around. How delightful that there is respect for this jewel in our midst! If you are interested, by the end of this month the application/waiver for the Community Gardens will be posted on the town's website – **AbingtonMA.gov**. There are three raised garden beds, one is large and raised approximately 1 foot. The other two are smaller but are raised 3 feet to accommodate a wheel chair or walker height. Ah.....think Spring!

Four Chaplains Follow-Up —Note from Carrie Bates regarding the story in the February issue of *The Senior Informer*. Dr. Roland Phillips, a now deceased dentist here in Abington, was a serviceman on that ship (*SS Dorchester*) and was one of the survivors. Isn't it amazing how small our world is?

MARCH RECIPE

Elevator Lady Spice Cookies

Mix together: 3/4 cup shortening 1 cup sugar 1 egg (unbeaten) 1/4 cup molasses

Then sift together and sift in: 2 cups flour 2 tsps. soda 1/4 tsp. salt 1 tsp. cinnamon

3/4 tsp. powdered cloves 3/4 tsp. powdered ginger

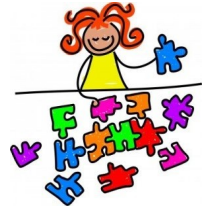
Now mix it all together, and form it into walnut-sized balls. Put them two inches apart on a greased cookie sheet and bake at 375 degrees for 10 to 12 minutes. This is a short, rich, ginger-snap sort of cookie, and the recipe makes plenty.

—*I Hate to Cook Book* by Peg Bracken, copyright 1960.

MARCH PUZZLE —Copycats

Choose the answer that best copies the pattern.

- 1 JACK is to BEANSTALK as PRINCESS is to: Fairy • Apple • Ball • Palace • Pea
- 2 ADORED is to ADDER as SHOWER is to: Shore • Shrew • Whose • Sower • Worse
- 3 EBB is to FLOW as WAX is to: Candle • Grow • Wane • Bee • Polish
- 4 2 is to 8 as 3 is to: 3 • 6 • 9 • 27 • 81
5. ST. PATRICK is to March as COLUMBUS is to: August • September • October • November • December (See answers on page 8.)



ST. PATRICK'S DAY LUNCHEON

The annual **St. Patrick's Day luncheon** will be held on **Tuesday, March 17, at 11:30 A.M.** Reservations are required, and **there will be a \$10 charge**. The meal will be prepared and served by members of the Abington Lions Club. This has been an annual event by the Lions and is very much appreciated.



THE JOURNEY OF THE PILGRIMS

Mark your calendar: On **Wednesday, April 22**, Richard Nichols, world traveler and public speaker, will be at our Senior Center for an engaging discussion of the Pilgrims' Journey to America. The program will begin at 11:00 AM, and the topics will include the following: **Life Before the Journey, The Story of the Mayflower, The Voyage Across the Atlantic, Landing and Life in Plymouth**. There is no admission charge, and light refreshments will be served.



THE KITCHEN CREW

Tuesday luncheons at the Senior Center are provided by a small group of dedicated volunteers. The menu may range from a full course meat loaf or roast pork meal to one of the old favorites such as macaroni and cheese or American chop suey. Once a month is soup and sandwich day. Dessert and a beverage are included.

These volunteers —**Anna, Bob, Charlene, Diane, Ellie, Francine, Jim, Pat, Peg**— assist all or in part, in planning, shopping, preparing, serving, and doing the cleanup every week, time after time. And they are all really, really good cooks. They also cook hot dogs and arrange snacks for Monday bingo, and cook and serve refreshments for the annual Craft Fair and Christmas with Santa.

If you're not already attending the Tuesday lunch, give it a try. It's only \$4, and it's darn good. If you are already attending, and you enjoy the meal, these folks might like to hear that.

MARCH 2020 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>2</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 10:45 Bingo 6:00pm New Beginnings Meeting	<u>3</u> 9:00 Cribbage 10:00-12:00-Blood Pressure Clinic 11:30 Lunch: Soup, Sandwich, Crackers, Dessert, Beverage	<u>4</u> 10:00 Knitting Group 10:00-12:00 Quilting Class	<u>5</u> 9:00 Cribbage 10:00-Chair Yoga (\$5) 11:30 Lunch: Chicken Parmesan (\$3) 7:00-8:30: Line Dancing at Sr. Center, \$8. (1st Thursday of every month.)	<u>6</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) <i>3/7 Chinese Bingo at Sr. Center</i>
<u>9</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 10:45 Bingo 6:00pm New Beginnings Meeting <i>Purim begins at Sundown</i>	<u>10</u> 9:00 Cribbage 11:30 Lunch: Steak & Cheese Subs, Chips, Dessert, Beverage	<u>11</u> 9:00 FOAS Meeting 10:00 Knitting Group 10:00-12:00 Quilting Class	<u>12</u> 9:00 Cribbage 10:00-Chair Yoga (\$5) 11:30 Lunch: Stuffed Peppers (\$3) 4:30-5:30pm Zumba (\$5)	<u>13</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)
<u>16</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 10:45 Bingo 6:00pm New Beginnings Meeting	<u>17</u> 9:00 Cribbage 10:00-12:00-Blood Pressure Clinic 11:00 Lunch: St. Patrick's Luncheon, \$10, Reservations Required 6:00 pm COA meeting <i>St. Patrick's Day</i>	<u>18</u> 8:30 Community Breakfast at Senior Center 10:00 Knitting Group 10:00-12:00 Quilting Class	<u>19</u> 9:00 Cribbage 10:00 Chair Yoga (\$5) 11:30 Lunch: Baked Meatloaf (\$3) 4:30-5:30pm Zumba (\$5) <i>Vernal Equinox—1st day of Spring</i>	<u>20</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)
<u>23</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 10:45 Bingo 6:00pm New Beginnings Meeting	<u>24</u> 9:00 Cribbage 11:30 Lunch Popcorn Chicken Bowl, Rolls, B-Day Cake, Beverage <i>New Moon</i>	<u>25</u> 10:00 Knitting Group 10:00-12:00 Quilting Class	<u>26</u> 9:00 Cribbage 10:00 Chair Yoga (\$5) 11:30 Lunch: American Chop Suey (\$3) 4:30-5:30pm Zumba (\$5) <i>Chipmunks emerge from hibernation</i>	<u>27</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)
<u>30</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 10:45 Bingo 6:00pm New Beginnings Meeting	<u>31</u> 9:00 Cribbage 11:30 Lunch: Cheeseburgers, Fries, Cole Slaw, Dessert. Beverage	<i>3/3 State Primary Elections</i> <i>3/3 World Wildlife Day</i> <i>3/8 Daylight Savings Time Begins</i> <i>3/9 Full Worm Moon; Hummingbirds begin migration north</i>	<i>3/5 Boston Massacre, 1770</i> <i>3/15 Beware the Ides of March</i> <i>3/17 Evacuation Day</i> <i>3/18 Trip to Tiverton Casino (see p.3)</i>	<u>Menu subject to change</u>



OUTREACH—MARCH 2020

With the winter slowly fading away and the nice weather approaching, I thought that a great topic for the month would be exercise and staying active. Now that we are heading in to more pleasant weather and longer and sun shinier days...let's start thinking about getting those glorious endorphins flowing! Endorphins are a brain chemical that are secreted when you are exercising, that make you feel happy and content.

There are so many benefits to exercising regularly when you are elderly. Building strong muscles from all types of physical activity...walking, biking, fishing, boating, swimming, dancing and yoga- just to name few. All of the activities I just mentioned, if you do not have any physical limitations, are reasonable and manageable ways for a person to increase their heart rate and get some exercise in to the daily routine. If you contact your local COA they will be able to help you find groups that walk in a mall everyday or walk a track. They can also give you a schedule of events at the Senior Center so you could sign up for line dancing, Zumba or yoga and aerobics.

There is a program through Medicare that 1 in 5 people are eligible for called **Silver Sneakers**. If you have Medicare Advantage or supplemental Medicare health plan, you may already have the program. Silver Sneakers has joined with thousands of fitness centers nationally to offer the best in wellness to seniors and there are dozens of facilities in the South Shore area that are active members of the program. You can call your health care provider for information.

Another wonderful way to build a healthy strong lean body is with resistance training. This is a series of repetitious movements with a very small amount of weight, like a small dumb bell or kettle bell. The smaller the movement with the weight and adding more repetition to the movement, the better it is for building strong healthy muscles and bodies.

Activities that challenge the mind are also wonderful ways to get activity. If you do have any physical limitations, take a class at a local COA or college. Find something that interests you and find time to make it part of your routine. Hobbies like sewing, scrapbooking, photography and cooking are all great ways to incorporate activity into your daily routine. They give you a reason to get out, a reason to be social and to keep moving! The main thing to remember is keep moving! A body in motion is a body that is staying active and healthy!

Activities that enrich the spirit are also fantastic ways to stay active. Getting involved with a church group or a civic organization or maybe even meditating can keep you active and involved, not only physically, but emotionally too, which is so very important!

As we age our bodies let us know quite often that we may not be as young as we used to be or we may not be as strong as we used to be... but it is completely reasonable to start at any point...taking charge of our bodies and nourishing them with exercise and healthy activity so moving forward into our Golden years we can enjoy everything that life has to offer by being strong and energized for whatever may be in store for us! *All my best, Amy Barrett.*

PICKLEBALL NEWS *Happy March - Spring is right around the corner!*

Play continues at the Frolio Gym Monday - Friday 8:15 to 12 noon. The last day of Pickleball at the Frolio is Tuesday, March 31st.

Sign-up and Waivers for the Outside Courts are now available at the Frolio gym on mornings or at the outside courts in April when weather permits. Membership fees for the outside courts from April until November remain the same: \$50 for Abington residents, \$100 for non-residents. For non-residents over 80, the fee is \$50. We cannot wait to get outside to play!

Please be considerate of all the other seniors who may be attending events in the senior center. Parking is at a premium

*The APA Board - Sharon Collins, Barbara Hennessey, Jean Kelley, Ann Reilly, Ed Mace, Bob Poulin, and Richard Shepherd
Advisory Board-Jeanine Adams, Peggy Bryan, and Mary Rice*

Bak2Bak — Country Western singers will be at the Abington Senior Center on **April 28, 10:45 A.M.** Mark your calendar! *Sponsored by the Abington Cultural Council, a Division of the Massachusetts Cultural Council*

Beginners Line Dancing — The **first Thursday of every month, 7pm to 8:30**, Admission \$8.00, *Sponsored by New Beginnings Southeastern MA.*

HISTORICAL SOCIETY OF OLD ABINGTON, INC—*Spring 2020 Conversations Series*

Sunday, **March 1 at 2:30 PM** at Dyer Memorial Library, Abington {781-878-8480}
Fires and Firefighting in the Old Town. Free and open to the public. Light refreshments are served after the conversation.

Sunday, **April 5 at 2:30 PM** at Dyer Memorial Library, Abington {781-878-8480} —
The Business of Dying
Funeral Homes and Traditions in the Old Town • Conversations with local funeral directors.
Free and open to the public. Light refreshments are served after the conversation.



**Abington COA
441 Summer Street
Abington, MA 02351**

**Non-Profit
Organization
U.S Postage Paid
Abington, MA
Permit #26**



*Don't forget to cast your vote
March 3 in the Presidential
Primary at Emerald Hall.*

Miscellaneous

Food Pantry: St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. at the old Friary/Convent at St. Bridget's, 781-878-1194.

Supporters of the Abington Seniors

Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

Friends of Abington Seniors, Inc.

Sheila Lambert, President; Karen Tracey, Vice-President; Thomas Bates, Treasurer; Beverly Hartery, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

Informer Newsletter Staff: Marie Brown, Joanne Curtis, Pat Jackman, Carol Najarian, Betty Slinger, Maureen Wall

Answers to puzzle on page 4. 1 Pea 2 Shrew 3 Wane 4 27 5 October

WHAT HAPPENED AT THE BOSTON MASSACRE?

The Boston Massacre began the evening of **March 5, 1770** with a small argument between British Private Hugh White and a few colonists outside the Custom House in Boston on King Street. The argument began to escalate as more colonists gathered and began to harass and throw sticks and snowballs at Private White. Soon there were over 50 colonists at the scene. The local British officer of the watch, Captain Thomas Preston, sent a number of soldiers over to the Custom House to maintain order. However, the sight of British soldiers armed with bayonets just aggravated the crowd further and they began to shout at the soldiers, daring them to fire. Capt. Preston then arrived and tried to get the crowd to disperse. Unfortunately an object thrown from the crowd struck one of the soldiers, Private Montgomery, and knocked him down. He fired into the crowd and after a few seconds of stunned silence, a number of other soldiers fired into the crowd. Three colonists died immediately, and two more died later from wounds.

DISCOVER THE HEALING POWER OF TAI CHI!

Tai Chi class is available every Friday at 11:00AM at the Senior Center. Come join the group.

EVERYONE LOVES A PARADE!

Don't forget!—The 41st St. Patrick's Day Parade steps off at 1:00PM on Sunday, March 15th. Turn out and wear your green. The route starts at Abington Center (Bailey's Garage) and follows Washington Street to North Abington Center.

